

Elkhorn South Baseball Program



2023-2024 Season

BUILDING TRADITION ONE PITCH AT A TIME

2024 Storm Baseball Coaches

Varsity

Brandon Dahl – Head Coach

(402) 659-2258

bdahl@epsne.org

Trevor Longe- Assistant Coach

Ryan Ahart- Assistant Coach

Matt Kuhr- Assistant Coach

Junior Varsity 1

Eric Shanahan – Head Coach

(402) 630-9148

eshanahan@epsne.org

Aaron Hayes- Assistant Coach

Junior Varsity 2

CJ Knust – Head Coach

(402) 215-3322

cknust9@gmail.com

Mike McCarville- Assistant Coach

Reserve

Gabe Shemwell- Head Coach

(402) 690-4039

shemwellg@gmail.com

Zeb Elsbernd- Assistant Coach

Schedule:

<http://mhsaaconference.org/public/genie/72/school/3819/>

Twitter: @ESHS_Baseball

Baseball Philosophy

By the time players leave the program we want them to be proud to say they were apart of Elkhorn South baseball. Coaches will teach them how to be successful in the classroom, in the community and on the field. They will learn how to be a team player, and how to deal with success and failure. We are big on process over outcome. We want our players to develop first, and then the results will take care of themselves. As coaches and players we will work hard at everything we do and strive to be the best. Success on the field and in the classroom comes from showing each player respect and teaching them to respect each other. As a team we will earn respect for each other in the weight room and on the field by pushing each other, but also helping each other both in and out of the classroom.

Discipline

Discipline with each player will be fair, and consistent for everyone. Players will treat coaches and teammates with respect. Questions and concerns are not to be discussed on the baseball field or in front of other teammates. There will be a **24-hour rule** after the question or concern has been brought up. If a coach hears a player complaining about anything baseball related at practice they will sit out for that drill. No exceptions.

Twitter: If it is brought to the coaches attention that a player has put something up on social media that looks negative on the program, then discipline will be dealt with case by case.

Policy 504.11 - Initiations, Hazing, Secret Clubs and Outside Organization

Initiations, Hazing, Secret Clubs and Outside Organizations

Initiations. Initiations by classes, clubs or athletic teams are prohibited except with the approval of the administration. Any student who engages in or encourages initiations that have not been approved by the administration is subject to disciplinary action, up to and including denial of any or all school privileges and expulsion. The administration may only give consent to initiation activities that are consistent with student conduct expectations and that do not present a risk of physical or mental injury or belittlement.

Hazing. Hazing by classes, clubs, athletic teams or other student organizations are prohibited. Hazing means any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership with any school organization. Such prohibited hazing activities include but are not limited to whipping, beating, branding, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, sexual conduct, nudity, or any brutal treatment or the performance of any act which endangers the physical or mental health or safety of any person. Hazing is prohibited even though the person who has been the subject of the hazing consents to the activity. Any student who engages in or encourages

hazing is subject to disciplinary action, up to and including denial of any or all school privileges and expulsion.

Attendance

Students may miss practices/contests for one of the following reasons: Immediate family, church or another school activity (only). A 24-hour notice must be given to the coaches prior to the absence. Missing practices for any other reason would fall into the “unexcused” category. A student athlete must be in school ½ day (3 periods) immediately prior to the scheduled event in which he is to participate (on a normal school day the student would need to be in attendance at the start of 5th period. Baseball players may not physically participate in baseball camps or clinics from March 1st to the end of the baseball season. If an absence occurs due to illness, whether all day or during school, an email, phone call or text needs to be made to one of the head coaches.

Penalties for unexcused absences:

1st unexcused absence: Athlete may not play in 1st five innings of the next contest.

2nd unexcused absence: Athlete may not compete in next contest.

3rd unexcused absence: Athlete is indefinitely suspended until a meeting is arranged with the coaching staff, player, and parents to determine if baseball is the path the athlete should be pursuing.

Practice Routines/Expectations

1. Practice begins at the designated start time. Players are expected to be ready to go (uniform and cleats on) unless a coach has been contacted 24 hours in advance.
2. Baseball players are expected to wear baseball pants and school colored t-shirts (navy, gold, black, white, gray), a navy belt and navy socks to practice with shirts tucked in at all times when wearing baseball pants.
3. When we step on the field for practice, the coaching staff will expect every player to go hard for every ground ball, fly ball, and pitch. Every repetition will be at full speed so at the games, players feel confident and ready to handle any situation on the field.
4. Players will understand championship teams are only as strong as their weakest link. We will push each other in practice until we become the best.

Game Routines/Expectations

1. Players will need to arrive 90 minutes prior to a home game dressed and ready to get the field ready and to hit for weekend games.
2. The team will be expected to hustle in and out of the dugout between innings in 12 sec. or less.
3. When we are hitting, all players will be expected to stand as a team and support our teammates. (except pitcher, catcher)

4. The expectation for Elkhorn South Baseball will be to work as hard as we can and to never be out hustled. All players, coaches, and parents will show the utmost respect to other teams, umpires, as well as demonstrate sportsmanship.

Parents

Communication and relationships with parents will be kept professional. Parents, you may not agree with some decisions the coaching staff makes, but all coaches will make decisions that are best for the Elkhorn South Baseball Program. The coaching staff will let the parents know that they can call or e-mail the head coach 24 hours after the initial **contact from the player** to discuss questions or concerns. Please understand that your son will be present during our meeting. Other players on the team are not discussed with parents, ever.

Please make sure you are being a parent for your son. Your son has enough coaches at school. Sometimes they just need a parent to show they care and not someone giving pointers right after a game. Please work with the coaches on this. If your son comes home and hears you complaining about the coaches what do you think your son will do?

Understand that we love your kids. Whether they are a starter for us or a role player, we care for them. The coaches put what they feel is the best lineup on the field. If your kid isn't one of those that day it doesn't mean we hate them. We care for each player the same. We have a lot of former players come back and watch us play or come to practice during the season or over winter break. That means a lot to us and to them that they are always welcome. That is the type of relationship we have with our players.

Safety

1. Players must wear helmets at all times while batting or running bases. Batters are responsible to make sure the path of their swing is clear of other players.
2. Elkhorn South baseball players are taught to roll the hips and shoulders away from the ball to make sure injury is minimal.
3. Base runners may not "take out" a fielder and are taught to avoid contact.
4. Players are required to wear a protective cup when entering the field for a practice or game.
5. If an injury occurs we need to go through the following procedures:
 - Coach or Head Trainer will evaluate the severity of the injury.
 - Training department treats injury as needed.
 - Head Trainer along with coach's input, recommends a doctor's evaluation.
 - Athlete continues treatment while contribution to practice and games (conditioning, Hitting fungos, charts).

Team Outlook

- Reserves' goal is to get better at every aspect of the game.
- JV's goal is to get better and to push our varsity players to get better. If you are pushing the guy ahead of you then you are a part of our victories. JV will try to beat every team

they play so they know that when they are on varsity that they are even better than before.

- There can be movement from JV1-JV2 teams. Whether we think someone might need some more innings or AB or something is out performing someone else.
- Varsity's goal is to win a state championship. We do that by working hard and improving every day. They are the face of our program and will represent the school, their team, their family, and their coaches the right way and make sure everyone they play gets their best until we are the last team standing.

ALL IN

- This is our program slogan. We want our players, coaches, parents all going in the same direction. No matter what role your son plays for our team we want them ALL IN to the program. Whatever the drill, practice, game we want everyone to be committed to the team. Am I "ALL IN" even when I don't get what I want? Or am I only "ALL IN" when I get the role I want?

Website

- <http://www.elkhornsouthbaseball.com>
- Has our spring and summer schedules, coach's information, fundraising information, apparel order, etc.
- Apparel store will be open next week for anyone who missed the first order. Check twitter for details.

Fundraiser

- Card with deals for restaurants, online stores, and golf courses.
- Starts on March 2nd and ends on March 10th
- Cards are \$20 each, and need each player to sell 20
- We are trying to fundraise for:
 - Player t-shirts: \$1,000
 - Player hats: \$2,000
 - Time at ETC/EAA Indoor
 - Screens, baseballs, equipment, etc.

2024 Elkhorn South Spring Baseball

VOLUNTEER POSITIONS FOR EACH TEAM

Volunteer Coordinator/Team Parent: (Need 1 parent from the Reserve, JV1, JV2, and Varsity to coordinate the volunteer sign-ups for all HOME games)

Responsibilities include:

- Create a “Sign-up Genius” for the parents to sign-up to help with Concessions (2 per game), Scoreboard, Scorebook, Clean-up and Announcer. No gate person is needed for spring.
- All Volunteers need to arrive 30 mins prior to home game.
- The Reserve team has 12 home games on the schedule
- The JV1 team has 8 home games on the schedule
- The JV2 team has 12 home games on the schedule
- The Varsity team has 8 home games on the schedule
- Games will need to be added if ESHS hosts Metro, Districts or State.
- Work with Sheri O’Neel and Coaching Staff to distribute any game specific information to the team when needed.

Scorebook - You are responsible for obtaining the line-ups for both teams and charting the score manually. Gamechanger will also be utilized from the dugout.

Announcer - You are responsible for playing the National Anthem before game time, introducing players & positions.

Scoreboard - You are responsible for updating the scoreboard. Instructions are in the Press Box.

Cleanup – You are responsible for cleaning up the bleachers after each home game. Trash needs to be emptied and placed under the stairs by the Press Box. The coach will come by with the Gator and pick up the bags to dispose of. There is a blower in the equipment shed to clean the stands after the last games of the day.

Concessions - The doors to the concession building and press box should be unlocked by our coaching staff. The coaches will lock the concession building after the game is over.

Detailed instructions for opening and closing are written in the white binder in the concession building. Update Gwen Dahl (402-305-7725) on low volume items at the close of your shift.

There are numerous games that both Baseball and Soccer have home games. We will work with Soccer to coordinate the appropriate number of volunteers.

Sunflower seeds are sold ONLY to Baseball fans. They are not allowed on the soccer field.

Away Games Meals Coordinator: (Need 1 parent from the Reserve, JV1, JV2, and Varsity to arrange 'travel meals' for the players, coaches, and bus driver)

Responsibilities include:

- Collection of \$ from players for travel (spreadsheet & budget provided)

- create a “Sign-up Genius” to coordinate volunteers for each away game meal. Deliver to each player/coach before they leave on the bus (*this is usually before school dismisses for the day*)
- Coordinate with the Coach on weekend away games to determine if food is needed for the team.
- Coordinate with other Elkhorn South Baseball teams if two teams are playing back to back.

Website Coordinator: (Need 1 parent for Reserve, JV1, JV2 and Varsity to manage baseball website together with all teams)

Responsibilities include:

- Updating the baseball website after each game with score.
- Taking Team Photo & Posting to Site at the beginning of season
- Communicate Game Changer Team Name for followers.

Senior Parent: Need 1 parent to be coordinating banner photos and sign-up genius for display of banners during home games.

End of Year Banquet Committee: This Committee will consist of 4-6 Junior Parents that will plan the end-of-year banquet.

Note: With all these positions you will get support from upperclassmen that have done these positions. Please consider helping as it takes a village to pull off a successful season! THANK YOU!

